



## Baked Fruit Bar

*Yield - 100 bars*

### FILLING:

#### Ingredients

Date pieces  
Raspberry puree  
Lemon juice  
Salt

#### Weights

3 lb.  
3 lb.  
2 oz.  
1/6 oz.

#### Measures

3 qt.  
1 qt. 2 cups  
1/4 cup  
1 tsp

#### How to Prepare

1. Combine dates and raspberry puree; cook over low heat until dates dissolve and mixture thickens.
2. Add salt and lemon juice; stir well.
3. Remove from heat, cool.

### CRUST AND TOPPING:

#### Ingredients

Flour  
Rolled oats  
Brown sugar  
Baking soda  
Salt  
Butter or margarine

#### Weights

1 lb. 12 oz.  
1 lb. 5 oz.  
1 lb. 8 oz.  
2/3 oz.  
2/3 oz.  
1 lb. 8 oz.

#### Measures

1 qt. 3 cups  
1 qt. 3 cups  
1 qt.  
1 Tbsp. 1 tsp.  
1 Tbsp. 1 tsp.  
3 cups

#### How to Prepare

1. Combine dry ingredients.
2. Add melted butter or margarine; stir to crumb consistency.
3. Pour half of crumb mixture (approximately 3 lb.) into 18" x 26" bun pan; pat to form firm crust.
4. Bake at 350° F for 12 minutes. Spread filling evenly over baked crust.
5. Top with remaining crumb mixture (approximately 3 lb.).
6. Bake at 350° F for 25 minutes; cool to room temperature.
7. Glaze bars and cut (10 x 10)

# Baked Fruit Bar

## GLAZE:

<u>Ingredients</u>	<u>Weights</u>	<u>Measures</u>	<u>How to Prepare</u>
Lemon juice	2 lb. 9 oz. 1 lb. 5 oz.*	2 qt. 1 qt.*	1. Combine powdered sugar, lemon juice, and butter to make thin glaze.
Butter or margarine	8 oz. 4 oz.*	1 cup ½ cup*	2. Drizzle glaze over cooled bars.
Powdered sugar	2 oz. 1 oz.*	¼ cup 1/8 cup*	

\*(measurements for less glaze)

## Nutrition Information Per Serving: \*\*

Calories = 211	Saturated Fat = 3.7 g	Vitamin C = 2 mg
Protein = 1 g	Cholesterol = 16 mg	Calcium = 14 mg
Total Carbohydrate = 39 g	Sodium = 238 mg	Iron = 0.7 mg
Total Fat = 6.1 g	Vitamin A = 56 RE	Dietary Fiber = 2 g

\*\*Meal Pattern. Each bar provides 1/8 cup fruit/vegetable; ¾ serving of grains/breads.

Recipe provided by Deborah Rose, an independent source from USDA's Northeast Regional Office. (Note: This recipe has not been standardized or tested by USDA).

**Recipe Category:**  
**Key USDA Commodity:**  
**Food Group:**  
**Fact Sheet Database:**  
**E-mail Comments to:**

Desserts  
Date Pieces  
Fruits & Vegetables  
FD Website: [www.fns.usda.gov/facts/schfacts/cats.htm](http://www.fns.usda.gov/facts/schfacts/cats.htm)  
USDA/Food Distribution Division at: [fdd-psb@fns.usda.gov](mailto:fdd-psb@fns.usda.gov)